



ND Vision Services/ School for the Blind

Wellness Plan “A Healthy “I”

Mission Statement

Our mission is to provide opportunities for employees to enhance their health and well being in an environment that supports healthful lifestyle choices. We aim to provide opportunities, tools, and resources to help employees become full partners in managing their own health.

Vision Statement

NDVS/SB “Healthy I” Wellness Program empowers employees to achieve optimal health.

Health Assessment

Screenings

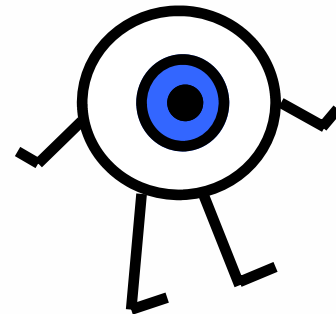
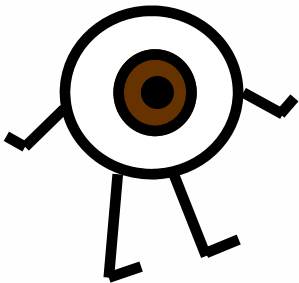
- Blood Pressure
- Blood Sugar
- Body Mass Index (BMI)
- Cholesterol
- Flu Shots
- Height
- Weight



Physical Activity

Walking Challenge

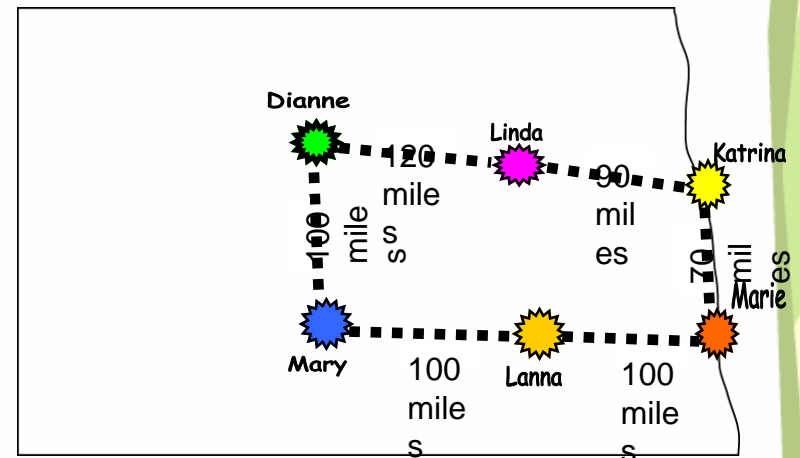
- April 15 – May 30, 2005
- 85% Staff participation
- Divided into 2 teams



Physical Activity

Walking Challenge

- Used regional map to challenge teams to walk around the state
- 600 miles to complete the challenge
- Incentive for reaching each regional office



Physical Activity

Walking Challenge

- Free T-Shirt with logo for each person that participated



Physical Activity

- Strength training with resistance bands through Blue Cross/Blue Shield
- Yoga class offered for employees
- 3:00 Walk Break



Nutrition

- Healthy Snacks available
 - Ongoing
 - Small charge
- 5-9 a Day Challenge
 - Promote eating 5-9 fruits and/or vegetables a day
 - Keep weekly journal
- Promote health benefits of drinking water



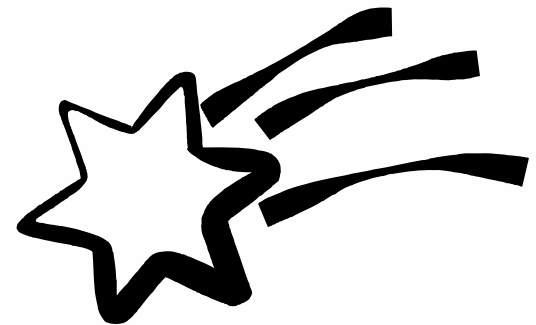
Wellness Education

- Dr. Whitehead from UND Fitness & Health - “Getting Started” in regards to exercise
- Jon Green, Altru Health Foundation - Stress Management through communication skills

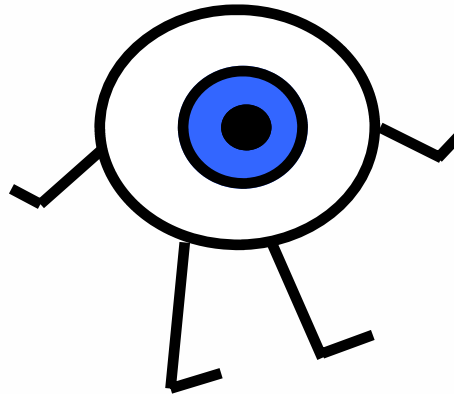


Looking to the Future

- 75% or more employee participation goal
- Speaker on Stress Management
- On-site weight management program
- Nutrition information program
- New Walking Challenge



Questions?



Healthy "I"